

Abstract 384

TITLE: Evaluation of a Behavior Intervention to Seropositive Youth

AUTHORS: Rotheram-Borus, MJ; Lee, MB; Murphy, DA (University of California at Los Angeles)

BACKGROUND/OBJECTIVES: A preventive intervention was delivered to youth living with HIV (YLH) in two modules: 1) the Staying Healthy module that addressed health behaviors; and 2) the Act Safe module designed to reduce sexual and substance use risk acts. We examined changes in transmission behaviors and health practices between YLH in response to receiving the intervention.

METHODS: Three hundred nine YLH (aged 13-24; 27% African American, 37% Latino) from four cities (Los Angeles, Miami, New York, and San Francisco) were assigned by small cohort to: 1) an Intervention consisting of two modules totaling 23 sessions; and 2) a Control Condition. YLH were followed for 15 months. Within the Intervention Condition, 72% of YLH attended at least one session. Both the Intention-to-Treat and the As-Treated approaches were employed in the analyses of measurements of risk acts. Analysis of Covariance (ANCOVA) was used to compare post-intervention scores among the groups, controlling for pre-intervention scores, city, and gender.

RESULTS: Following the Staying Healthy module, YLH in the Intervention Condition reported significantly fewer medical contacts than those in the Control Condition; females in the Intervention Attenders Group reported significantly more positive changes in their daily routines and coping styles than those in the Control Condition. Following the Act Safe Module, YLH in the Intervention Attenders Group reported significantly fewer sexual partners (42% fewer), fewer HIV-negative sexual partners (47% fewer), a lower proportion of unprotected sexual acts (78% fewer), and 31% less substance use than those in the Control Condition.

CONCLUSIONS: Prevention programs are effective for reducing sexual risk acts between YLH, increasing the societal benefits for early detection of HIV. Alternatives to small cohort formats (e.g., telephone cohorts, individual sessions) need to be evaluated for delivering interventions.

PRESENTER CONTACT INFORMATION

Name: Martha B. Lee

Address: University of California at Los Angeles
10920 Wilshire Boulevard, Suite 350
Los Angeles, California 90024

Telephone: (310) 794-8119

Fax: (310) 794-8297

E-mail: mblee@ucla.edu